

The Road to Health Toolkit

PHOTO JOURNAL

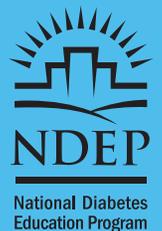
How to Prevent or Delay
Type 2 Diabetes in Your Community
A Photo Journal for Community Health Workers



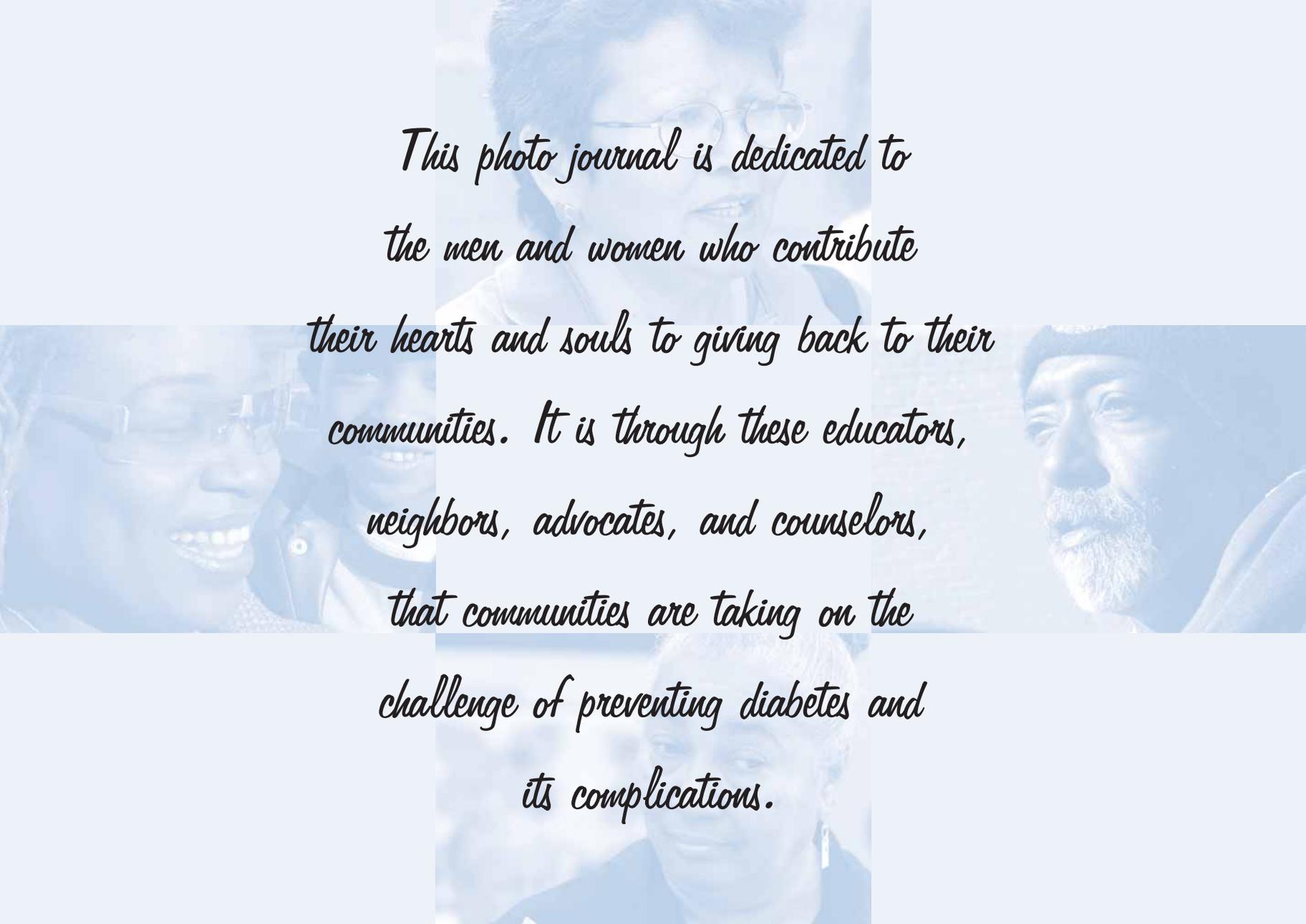
October 2008



NDEP-109







*This photo journal is dedicated to
the men and women who contribute
their hearts and souls to giving back to their
communities. It is through these educators,
neighbors, advocates, and counselors,
that communities are taking on the
challenge of preventing diabetes and
its complications.*



“

My satisfaction comes from giving people a new perspective.

”

Thomas Thomas

THOMAS

Thomas Vance has called the inner city home for many years. More than ever, his neighborhood is suffering from a high prevalence of diabetes and its complications. He says he got to know his neighbors and earned their trust by knocking on doors for the Census Bureau. Thomas currently works out of a vibrant community-based clinic that services both African American and Hispanic populations.

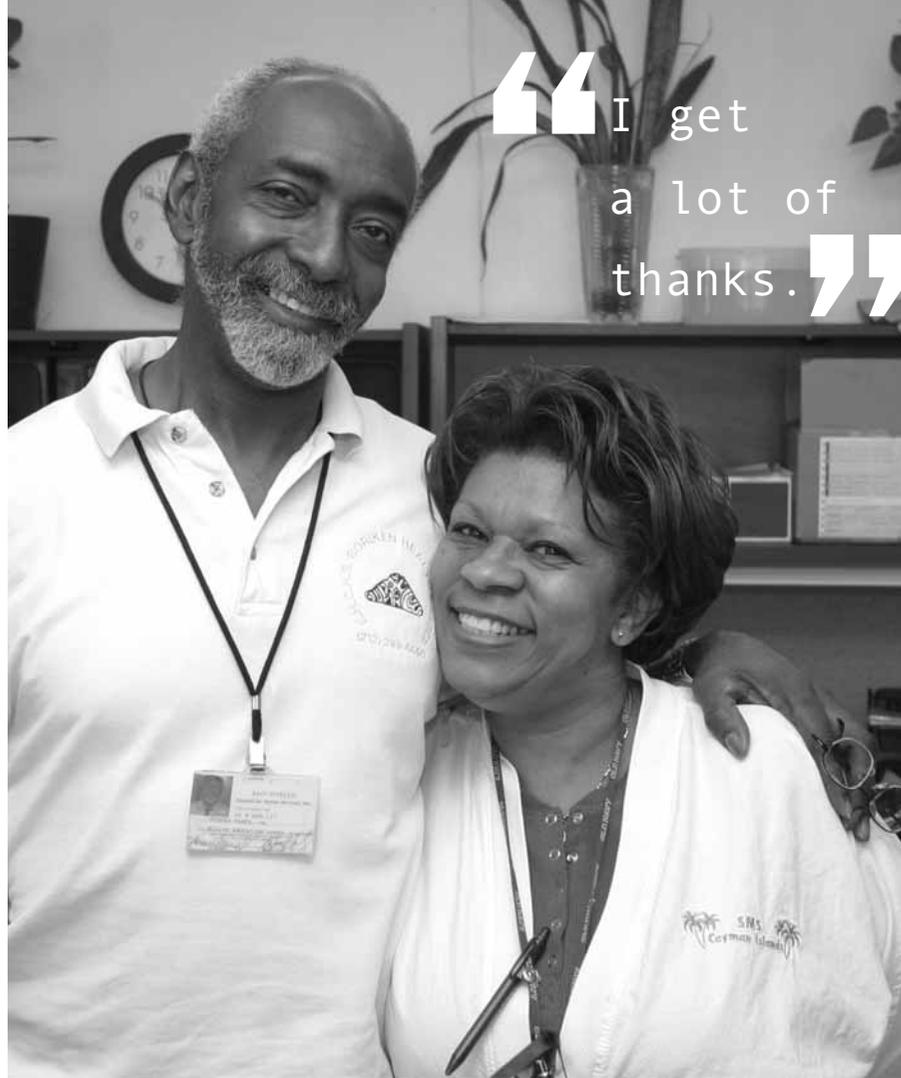


“ We’ve got to educate folks so they demand healthier eating choices. ”

“ I’ve got a lot of competition in this neighborhood.”



Thomas passes some stiff competition on his way to the clinic every morning... fast food.



At the end of the day, smiles and handshakes are his biggest reward.



“

Desde que yo recuerdo, siempre me ha gustado mucho la gente”

(I have always loved people.)

Herlinda

HERLINDA

Herlinda saw the need in her community and started working as a *promotora* (community health worker) four years ago. Like many of the more traditional *promotoras*, Herlinda still makes many home visits. She feels it's crucial to see people in the home environment before making any recommendations so that she knows what lifestyle changes are possible. Getting her own share of physical activity walking up the mountain and meeting neighbors along the way, she fondly calls her favorite community *mi sierra* (my mountain).



“

When people believe you care about them, they open up.



”



“ El cambio es muy lento. ”

(Change is very slow.)



Herlinda lives in a border town where change must be built on tradition and trust.





“

He caído
muchas veces
subiendo la
montaña, pero
mi espíritu
es fuerte.”

(I've fallen many times
climbing the mountain, but
my spirit is strong.)



WHAT WORKS FOR YOU?

(¿Qué es lo que mejor funciona para ti?)

We spoke to community health workers and the people who train them and here are their answers...

Enseña el por qué.
(Teach them why.)

Set a short-term goal
where they can see
results.

*Vivimos en la misma
comunidad.*
*(We live in the same
community.)*

Share stories.

You have to live what
you teach.
*(Practica lo que
enseñas.)*

*Nunca dejé de ser
promotor.*
(Never stop being a
community health
worker.)

Create change—one person
at a time.

How do you train people
to care?

We collaborate with
community-based
organizations.

Practice what you preach.

We give graduation
certificates as rewards.

*Para enseñar, lo mejor
es demostrar.*

(Demonstration is
the best way.)



“

Be honest.
It's all
about trust.

”

Nidia Vasquez

NIDIA

Despite the fact that Nidia has only worked as a community health worker for the past 4 years, she has been actively making her community a safer place to live for much longer. She claims the reason she connects so easily with people is that she has "been through it all' herself." Bubbly and vivacious, Nidia makes learning about healthy choices fun. She just loves the fact that people look forward to seeing her again and again.



“ I try to teach in a way that makes it fun. ”

“ I always
use myself as
an example and
don't lie. ”



Nidia helps other moms prepare healthy meals.

The neighborhood needed "cleaning up," so Nidia and her neighbors took action.



“It’s finally safe for our kids to play.”



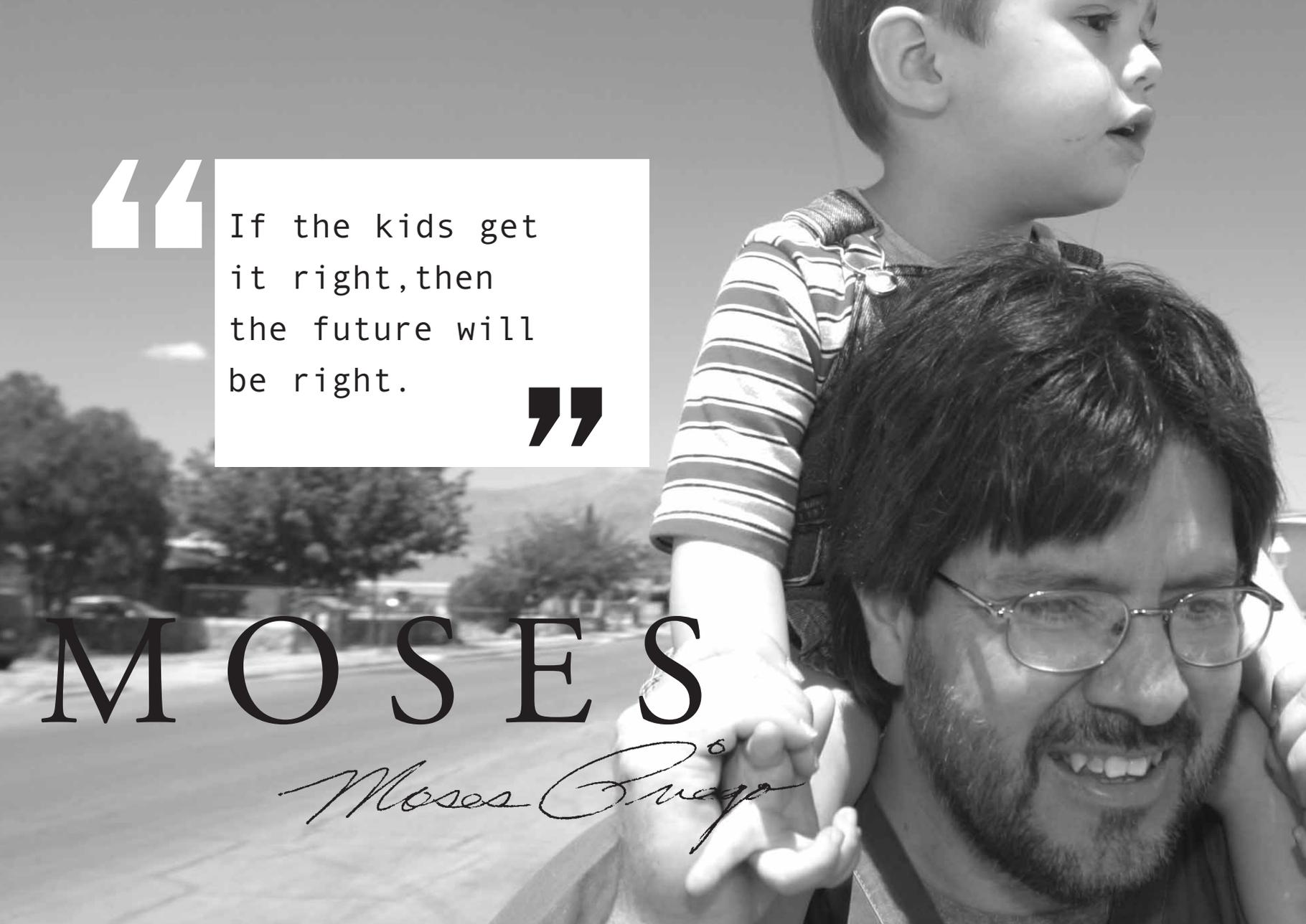
“

If the kids get
it right, then
the future will
be right.

”

MOSES

Moses Praga



An inspiration to everyone he meets, Moses seems to never run out of energy. Whether he's making home visits, leading youth in physical activity, working his job as a nurse, or volunteering on the board of his local diabetes association, Moses' passion is contagious. He believes if he can help one person prevent the devastation of diabetes, then he's done his job.



“

Para los niños es más fácil cambiar y luego ellos pueden ayudarles a los grandes.

”

(Kids change easier and can help adults change.)



“ Take the time and
become a part of them. ”

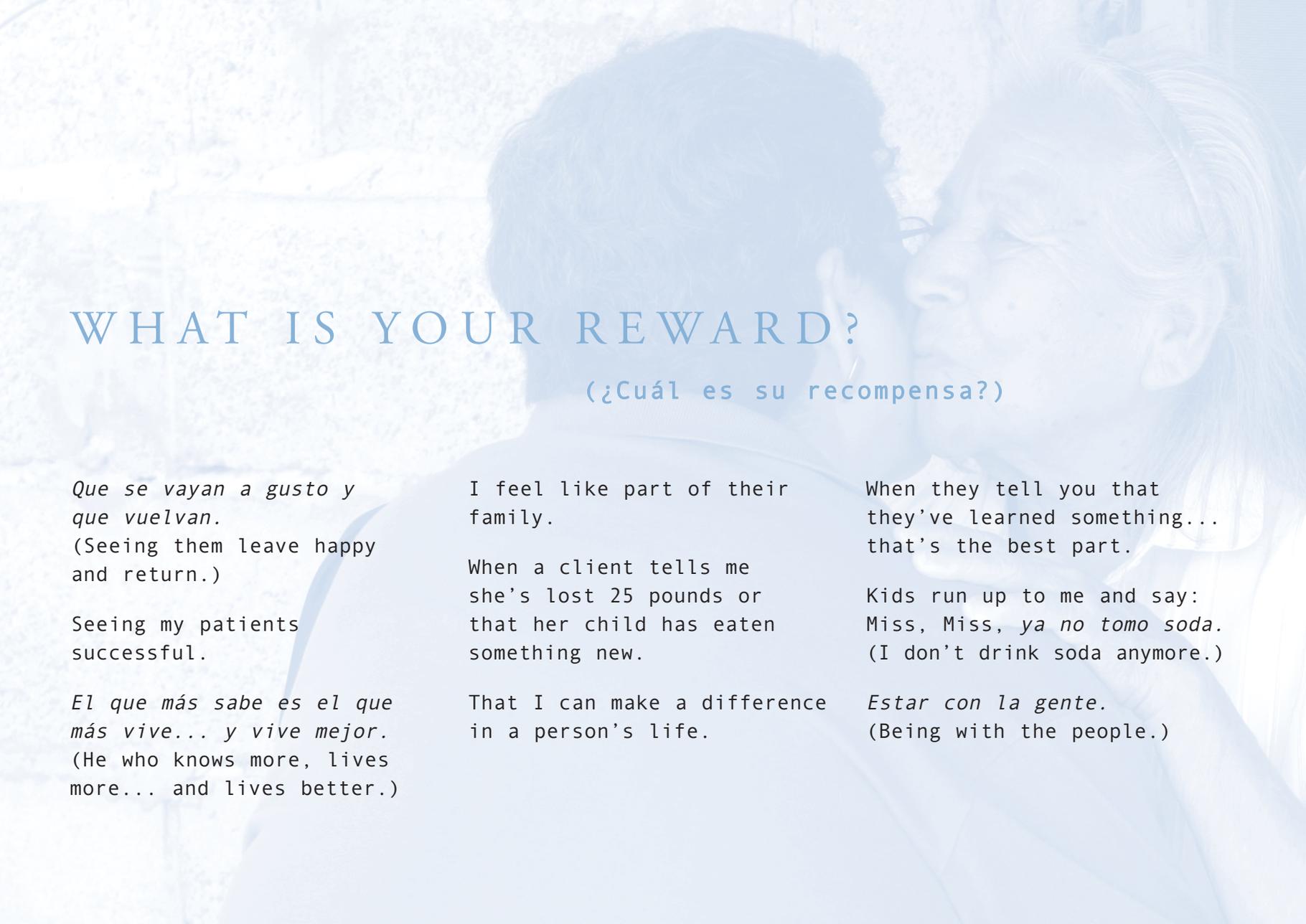


“ Las familias necesitan colaborar entre sí para vivir un estilo de vida saludable. ”

(Families need to work together to live a healthy lifestyle.)







WHAT IS YOUR REWARD?

(¿Cuál es su recompensa?)

Que se vayan a gusto y que vuelvan.

(Seeing them leave happy and return.)

Seeing my patients successful.

El que más sabe es el que más vive... y vive mejor.
(He who knows more, lives more... and lives better.)

I feel like part of their family.

When a client tells me she's lost 25 pounds or that her child has eaten something new.

That I can make a difference in a person's life.

When they tell you that they've learned something... that's the best part.

Kids run up to me and say: Miss, Miss, *ya no tomo soda.* (I don't drink soda anymore.)

Estar con la gente.
(Being with the people.)



“

You've got
to love what
you're doing.

”

PAT

Patricia Mills

When asked how she became a community health worker, Pat says that she prayed for a job she'd love. She's met many people on the job who have touched her heart and, to watch her in action, it's clear that she's touched theirs. Pat, who says she used to be really shy, has no problem now speaking to a room full of people, or getting them to try new recipes that are good, and good for them. As obesity rates rise, Pat's job teaching nutrition becomes more important.



“ I've seen a lot of change in this neighborhood. ”



“ We touch each others’ hearts. ”





“ Some folks are visual learners. I try to have things they can touch and look at. ”





“

I keep the big picture goal in mind, but work on the small steps.

”

SONIA

Sonia Delaunay

“ Go in as a learner, not an expert. ”



Sonia has worked as a *promotora* for almost 20 years. Despite her experience, she firmly believes that she needs to keep learning in order to teach effectively. Driven by a deep passion and dedication, she says that a health worker's job is "the essence of who we are as human beings." When she is not creating new materials or leading workshops, she is recruiting new partners from her community.





“ Sin buena
comunicación
nada es posible. ”

(Communication is key.)

Moms and kids enjoy her classes at the Head Start Center.



“ The main ingredient is kindness and an open mind.

”



WHAT MAKES A GOOD COMMUNITY HEALTH WORKER?

(¿Qué es lo que hace que seas un buen promotor?)

Flexibility

A desire to give

Patience
(*Paciencia*)

Persistence

Empathy

Responsibility

Honesty

Self-sufficiency

El espíritu de servicio
(The spirit of service)

Humility

Good Listening

Compassion

Sinceridad
(Sincerity)

Humor

Trust

Tact

Hope

Passion

An open mind

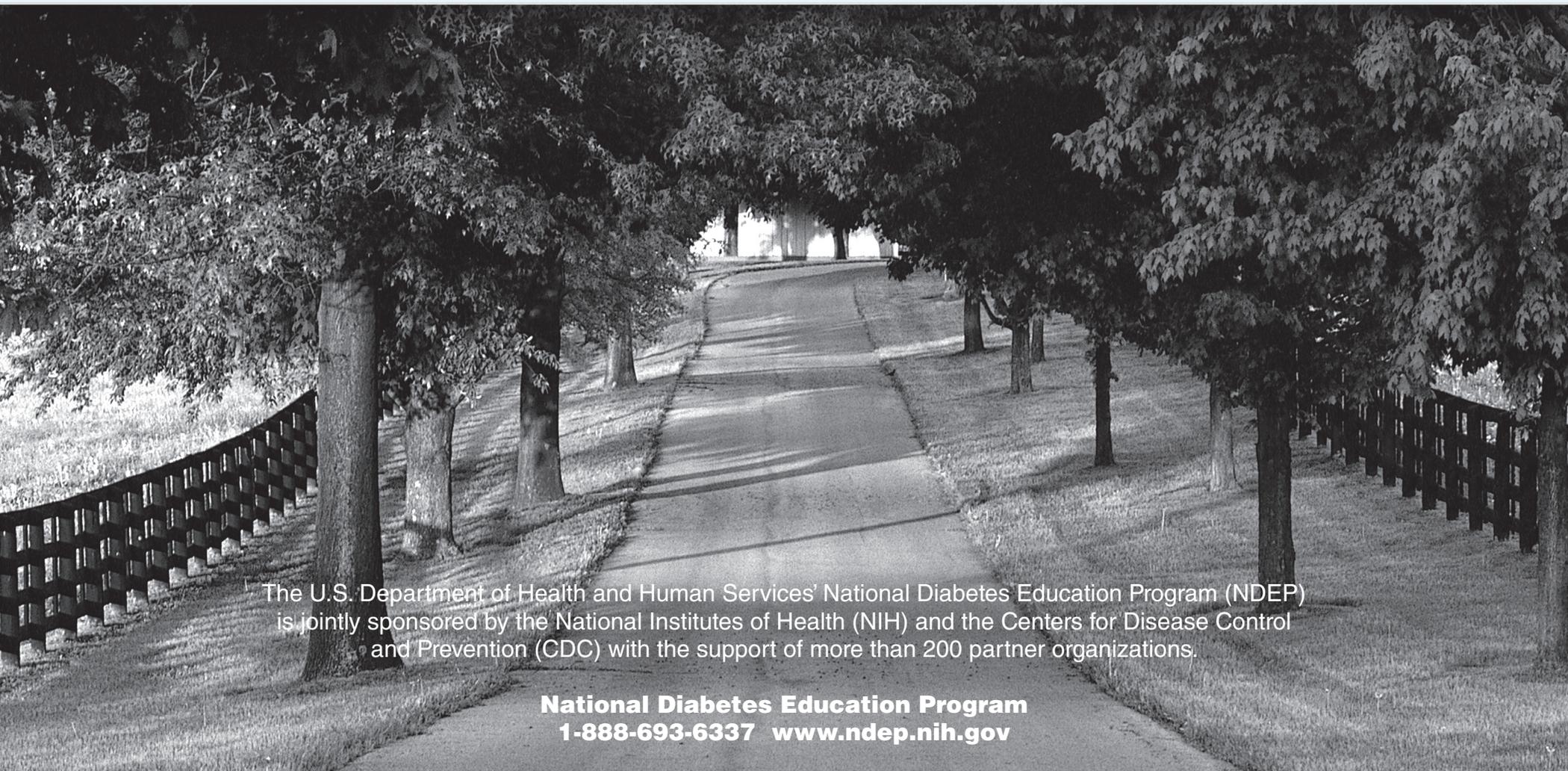
Sensitivity

Mucho corazón

(A lot of heart)

Somos el puente.

(We are the bridge.)



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